



Langley Air Force Base Aerobic Class Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
	0600 - 0700 *Cycle (FIP) Tina SHELLBANK		0600 - 0700 *Cycle Tina SHELLBANK		0830 - 0930 *Cycle Johnny SHELLBANK
0800 - 1000 Step/Body Sculpting Allison SHELLBANK		0900 - 1000 Step/Body Sculpting Allison SHELLBANK		0800 - 1010 Step/Body Sculpting Allison SHELLBANK	Note: New Cycle class is on a trial basis through September. Check bulletin board for class dates.
1010 - 1110 PowerYoga Susan SHELLBANK	1000 - 1100 Stretch & Tone Anne Kendall SHELLBANK	1010 - 1110 *Fitness Yoga Patricia SHELLBANK	1000 - 1100 Stretch & Tone Anne Kendall SHELLBANK	1010 - 1110 FitnessYoga Paula SHELLBANK	0815 - 0915 *Intermediate Step Rotation SHELLBANK
1130 - 1230 *Cycle Mary ACC COMPLEX		1010 - 1110 PowerYoga Susan Shellbank Racquet Ball Court	1100 - 1200 *Sculpt (FIP) Nola ACC COMPLEX		0930 - 1030 *High-Low/Zumba Rotation/Teresa SHELLBANK
1130 - 1230 Cross Conditioning Fitness Staff SHELLBANK	1130 - 1230 *Cycle Fitness Staff SHELLBANK	1130 - 1230 *Cycle Mary SHELLBANK	1130 - 1230 Cycle Fitness Staff SHELLBANK		1045 - 1215 *Fitness Yoga Rotation SHELLBANK
1200 - 1300 *FitnessYoga Fred SHELLBANK	1230 - 1300 Hard Core (FIP) Fitness Staff SHELLBANK	1130 - 1230 Cross Conditioning Fitness Staff SHELLBANK			Note: High-Low and Zumba will alternate on the Saturday Rotation.
1230 - 1300 Begin HC (FIP) Fitness Staff ACC COMPLEX	1230 - 1330 *YogaFusion Patricia ACC COMPLEX	1230 - 1300 Hard Core (FIP) HAWC Staff SHELLBANK	1230 - 1300 Hard Core (FIP) HAWC Staff SHELLBANK		Scheduled days will be posted. You may also check w/Front Desk for dates.
1645 - 1745 *High-Low Fran SHELLBANK	1645 - 1745 *Cardio Boxx Fran SHELLBANK	1645 - 1745 *High-Low Terri SHELLBANK	1645 - 1745 *FitnessYoga Fran SHELLBANK	Note: Más Flow is on Friday's, at 1645 hrs, only when our "volunteer"	Zumba is scheduled for July 11 th & 18 th 0930 – 1030 JOIN THE PARTY!!
1700 - 1800 *Cycle Evelyn SHELLBANK	1800 - 1900 *Cardio & Strength Laura SHELLBANK		1700 - 1800 *Cycle Deborah SHELLBANK	Instructor is available – flyers will be posted at the front counter with scheduled classes.	
1800 - 1900 *Intermediate Step Tanya SHELLBANK	1900 - 2000 *ZUMBA Teresa SHELLBANK	1800 - 1900 *Intermediate Step Tanya/Laura SHELLBANK	1800 - 1900 *Cardio-Boxx Ronnie SHELLBANK		If you have any questions Contact: Fran Monroe (757) 303-3726

CLASS DESCRIPTIONS

Classes are designed to improve cardiovascular fitness, strength and endurance, flexibility and body composition.

Cardio-Boxx – The extreme in Total Body Conditioning! Jabbing, kicking, shadow boxing and jump rope. You engage in a “Sports Specific” warm-up, incorporate plyometrics with sport drills and then cool down to some inviting stretching to improve flexibility.

Cross Conditioning – is a strength and conditioning program which uses highly varied, random functional movements performed at a high level of intensity. CrossFit combines elements of gymnastics, Olympic Weightlifting, and resistance training with traditional and non-traditional tools.

Cycle – You will find this to be the most exhilarating hour of your day, this class will blow you away. More than just a physical workout, super-energetic and motivating. You'll burn calories and increase fitness with interval drills, hill sprints, speed play training all to your favorite Top 40 tunes, and music designed specifically for the cycle. No Limits here, this class will show you how to find the strength within.

Fitness Yoga – Fitness Yoga is a class designed for Total Body/Mind Health. A challenging and fun discipline that will calm your mind, strengthen your body, and help you keep a sense of

balance in your life. By stretching and lengthening your muscles, you will regulate your internal organs and bring balance to your circulatory, respiratory, and hormonal systems. A great workout for the Mind, Body and Soul.

Hard Core - Fitness Improvement Class (FIP) – Build strength and stamina in the abdominal muscles while improving posture and balance using a Gymnastic Ball. Targeted to those who do not meet Air Force fitness, strength, and/or weight/body fat standards. Priority is given to FIP customers, but anyone can attend.

High-Low – An invigorating aerobics class based on traditional aerobic combos of High and Low impact moves. We round this class off with some body conditioning floor work and stretch.

Intermediate Step – Step aerobics (moderate intensity), followed by a workout targeting those muscles not used during the step routine, i.e., abs, upper body. Plus a cooling stretch to increase flexibility. **THIS STEP CLASS IS TAUGHT ON A BASIC TO INTERMEDIATE LEVEL, PARTICIPANTS SHOULD HAVE BASIC STEP SKILLS.**

Más Flow – Fitness with flavor, Latin Dance Aerobic workout. Transform your body, and transport your mind! Fun for all levels!

Sculpt/Cardio & Strength – Build strength and stamina. Using either hand weights, bands, body bars, step and a variety of floor exercises.

Stretch & Tone – A non-aerobic hour devoted to thoroughly tone and stretch you using a gentle and effective routine that will leave you feeling strong and flexible.

YogaFusion – We fuse to hits together, Yoga & Pilates. The class is based on the PILATES methodology. A non-aerobic hour devoted to using the core muscle to bring total conditioning and sculpting of the abdominals, back, upper and lower body. Your core will be powerful!

Zumba – Infusing party fun into fitness. Zumba eliminates the “work” from working out by combining amazing international music with exercise moves.

**ALL CLASSES ARE FREE and FIRST COME - FIRST SERVE.
STEPS and MATs Are Provided.
Bring a Towel and Water.**

***Class Supplied by FRANTastic BODY**